



BREAKFAST

Foundational Breakfast Smoothie

Use organic ingredients (serves 2-3 people)

- 1-2 handfuls each of fresh chopped kale, spinach, chard & collards
- 1 cup frozen blueberries
- 1-2 cups other fruits or berries
- 1 cup chopped red cabbage
- 1-2 radishes
- 3-4 stalks celery
- 0.25-0.5 avocado
- 1 tbs vanilla extract
- 2 tbs of chia seeds and pumpkin seeds,
- 3-4 tbs flax seeds & 1 handful walnuts

Instructions:

Add everything to a high power blender (eg Vitamix). Blend on high for 1-2 minutes or until homogenous

Taste test as you go and adjust flavor with your favorite fruits, berries & spices

This smoothie makes it easy for you to get in up to 15 servings of veggies and fruits daily, forming a nutritional foundation.

Poached eggs (organic ingredients)

Poach 2 eggs per person

To a wok or large pan add the following

- 1 handful cashews per person
- 2 tbs pumpkin seeds per person
- Enough avocado oil to cover the bottom of the wok or pan
- 2 handfuls fresh chopped kale per person
- 2-3 chopped sundries tomatoes per person and chopped bell peppers

Add salt, pepper and turmeric to taste, Sautee the nuts, kale, tomatoes and spices on medium heat until the kale has wilted

Organic ground pork

Add 1 pound organic ground pork to a large frying pan

Add a large handful of chopped mushrooms

Add 2-4 large handfuls of chopped Bok Choy or kale

Add 1-2 large handfuls of cashews

Add 1-3 tbs avocado oil

Season with salt, pepper, garlic and turmeric

Poach 2 eggs and serve on top; alternatively, fry 2 eggs in avocado oil, season with salt, pepper and turmeric and serve on top of pork and kale